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DAY 1 OF METRO'S LOOK AT IMMIGRATION: PROPOSED CHANGES WOULD MAKE THE ROAD TO CITIZENSHIP LONGER AND HARDER **PAGES 8 & 9**



Teen dreams come true

Bluesfest's Be in the Band program links high school kids with professional musicians **PAGE 3**

For when you gaze long into the abyss

... the abyss gazes back at you. Use Metro AR to release the horror of Oculus **PAGE 12**



NO HAIR BANDS

LIVE 88.5fm



LEARNING TO FIGHT

Metro reporter Lucy Scholey, second from left in the pink shirt, and other students practise self-defence moves at a women-only Krav Maga class in Ottawa on Sunday. See story on page 4. SEAN MCKIBBON/METRO

Public prosecutor not consulted on overhaul

Elections Canada. Plan to mash up investigation and prosecution could lead to tunnel vision, experts warn

The Harper government did not consult the director of public prosecutions about its controversial plan to put him in charge of the investigative arm of Elections Canada — a move that departs from a long-standing principle that prosecutors

and investigators should be kept separate.

The plan to hive off the commissioner of elections from Elections Canada and move him under the auspices of the director of public prosecutions is a key component of a proposed overhaul of election laws, which has been almost universally panned by Canadian and international electoral experts.

Chief electoral officer Marc Mayrand says he was not consulted on Bill C-23, the so-called Fair Elections Act. Nor was the commissioner of elections, Yves

Cote, who is responsible for enforcing election laws and investigating breaches.

Both have spoken out against the move, which they fear will impede investigations and reduce the commissioner's independence. Brian Saunders, the director of public prosecutions, declined a request for comment from The Canadian Press. But spokesman Dan Brien confirmed that Saunders was not consulted either.

Pierre Poilievre, the minister responsible for democratic reform, has shrugged off the

objections of Elections Canada.

"It's not surprising to me that Elections Canada and the CEO (chief electoral officer) in particular, who is the major opponent of this, is against it," Poilievre told CBC's The House.

"He wants to have this control and this power for himself. We don't think it's appropriate for him to be in charge of the investigator."

But others think it's inappropriate for the director of public prosecutions, who reports to the attorney general, to be in charge of the investiga-

tor, who is supposed to be independent of the government.

And they fear it could compromise the ability to successfully prosecute breaches of election laws.

"It would be unprecedented for Canada," said Lisa Blais, president of the Association of Justice Counsel, the union for 2,500 federal government lawyers, including those who work for Saunders at the Public Prosecution Service of Canada (PPSC).

Blais, a prosecutor who has worked at the PPSC on cases

involving breaches of election laws, said "dangerous things can happen" if prosecutors are not detached from investigations.

"Prosecutors can start wearing blinders and have tunnel vision," she said.

Some of Canada's most infamous wrongful convictions cases, such as David Milgaard, occurred in part because "there wasn't a proper or enough separation between the investigation side and the prosecution side," Blais added.

THE CANADIAN PRESS



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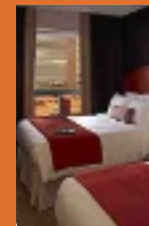
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Rock 'n' roll dreamers: Here's your chance to 'feel like a king'

Be in the Band.

Program gives teens a shot at rocking out onstage at Bluesfest



TREVOR GREENWAY
trevor.greenway@metronews.ca

The teenager led his band Orion onto the Black Sheep Stage at Ottawa Bluesfest last year and crooned in front of a crowd he never thought he would be singing to.

He got his own little taste of what it would be like to be a rock star.

"You go to Bluesfest and you see bands like Alice in Chains or B.B. King. You see all these great bands playing there and as a musician, you always hope that one



Devon Lefebvre-Heath performs at last year's Ottawa Bluesfest. CONTRIBUTED

day, 'Hope I get to play at Bluesfest,'" said Devon Le-

febvre-Heath. "And then to be given that privilege at 16

is amazing. You brag about it to your friends, you feel like

you are on top of the world. You feel like a king."

The 16-year-old Black Sabbath fan never would have ended up fronting a band at a festival the size of Bluesfest if it weren't for the festival's Be in the Band program, which links up teens who want to play in a band with local professional musicians to help them make it all happen.

Guys like Pat Maher, who coached a handful of bands from their basement jam sessions to the big stage, guiding them on things like song selection, timing and how to be a frontman.

"They all played, but had never been in a band," said Maher. "So this is a way for people to network and meet other musicians and just give them a start to learn how to play with each other."

U of O students push for info on big-money donors

Two University of Ottawa students are calling on their school to be more transparent about what they call the "alarming influence" of private donors on the institution.

Alex Nanoff and Nathan Boivin say for the past two years, they've been trying to access detailed information about Ian Telfer's \$25-million donation to the university. But they say they have been stonewalled.

"We understand universities are being pressed by the province to find other sources of funding," said

Boivin, who is a third-year law student. "But it should not come at the expense of public transparency."

The duo has filed a dozen Freedom of Information requests over two years. They said they asked for the Telfer donation agreement, but only received a three-page "press release style" document that's lacking any terms of reference.

They said they are still waiting on responses to about four or five requests.

Telfer is the chair of Goldcorp Inc., which is a Canadian mining company.

In 2007, he granted the University of Ottawa its largest donation to date. The School of Management is now named after him.

Caroline Milliard, manager of media relations at the University of Ottawa, said the school relies on private and corporate donations to do research and offer scholarships, among other things.

"Protecting academic freedom and institutional autonomy and integrity is the prevailing consideration when assessing whether to accept a gift," she



University of Ottawa students Nathan Boivin, left, and Alex Nanoff are calling on the school to release more information about private donors. LUCY SCHOLEY/METRO

wrote in an email. "Acceptance of gifts and donations

is governed by strict safeguards." LUCY SCHOLEY/METRO

1 NEWS



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Krav Maga Ottawa instructor Laurent Mougeot oversees a self-defence exercise at the Ottawa Fight Fitness Gym at 433 Bank St. SEAN MCKIBBON/METRO

‘I teach women to go from passive to aggressive’

Krav Maga Ottawa.
More to self-defence
than hitting and kicking



LUCY SCHOLEY
lucy.scholey@metronews.ca

Learning how to fight feels awkward.

It's not so much the palm strikes to the nose or the blocking techniques that put you out of your comfort zone.

It's the yelling.

The 20 students at the first women's only Krav Maga class on Sunday learned to fight with their voices more than their fists, telling their pretend aggressors to "Back off!" with a fast palm strike.

"I teach women to go from passive to aggressive with no transition," said instructor Laurent Mougeot. "Very aggressive and fight, fight, fight, no matter what's going on."



Metro reporter Lucy Scholey lines up a palm strike at a target mitt.
SEAN MCKIBBON/METRO

While students learned how to block hits and strike back, the emphasis was on reacting quickly. Mougeot had the women wander around the room and try to touch each other on the head and back, without getting touched themselves. The training will progress to knife attacks later in the course.

Mougeot said he's heard

many stories of women — either from his class or in the news — who have been attacked. He told a story about one woman who moved to Winnipeg after taking his course and put her Krav Maga skills to use during an attempted mugging. He uses such anecdotes to recreate more realistic scenarios.

For University of Ottawa student Cassandra Cameron, the self-defence course is about prevention. She said she's heading to Mexico for six weeks to study Spanish and she's planning to travel to Europe someday.

"I just don't want anything to happen," she said.

Carole Faucher, 50, said she's taking the course to get in shape, but for practical purposes, too.

"It's a good thing for any woman to have," she said.

Anyone can still sign up for the weekly women's only self-defence courses at www.kravmagaottawa.com.



Students practise blocking head strikes and responding with palm strikes. SEAN MCKIBBON/METRO



Emmanuel Ndayisaba wielded a machete that took Alice Mukarurinda's baby and her right hand. THE ASSOCIATED PRESS

Rwanda's pain remembered

Genocide. On Monday, Rwanda marks the 20th anniversary of 100 days of mayhem; one million innocent people were killed

She lost her baby daughter and her right hand to a manic killing spree. He wielded the machete that took both.

Yet today, despite coming from opposite sides of an unspeakable shared past, Alice Mukarurinda and Emmanuel Ndayisaba are friends. She is the treasurer and he the vice-president of a group that builds simple brick houses for genocide survivors. They live near each other and shop at the same market.

Their story of ethnic violence, extreme guilt and, to some degree, reconciliation is the story of Rwanda today, 20 years after its Hutu majority killed more than one million Tutsis and moderate Hutus. The Rwandan government is still accused by human rights groups of holding an iron grip on power, stifling dissent and killing political opponents. But even critics give President Paul Kagame credit for leading the country toward a peace that seemed all but impossible two dec-

Ethnic tensions remain

"Hutus would wake up in the morning and go hunting for Tutsis to kill."

Alice Mukarurinda, recalling how Rwanda's Hutu majority killed more than one million Tutsis and moderate Hutus.

ades ago.

"Whenever I look at my arm I remember what happened," said Alice, a mother of five with a deep scar on her left temple where Emanuel sliced her with a machete. As she speaks, Emmanuel — the man who killed her baby — sits close enough that his left hand and her right stump sometimes touch.

On Monday, Rwanda marks the 20th anniversary of the beginning of 100 days of bloody mayhem. But the genocide was really in the making for decades, fuelled by hate speech, discrimination, propaganda and the training of death squads.

Hutus had come to resent Tutsis for their greater wealth and what they saw as oppressive rule.

In the months after the genocide, guilt gnawed away at Emmanuel. In 1996, he turned himself in and confessed.

THE ASSOCIATED PRESS

That the world may learn

Silent march through Ottawa

Alain Ntwali's 100-day ordeal of survival began after he watched his parents die.

The 10-year-old moved from house to house, two to three times a week, in what would ultimately become a successful attempt to stay one step ahead of the marauding, machete-wielding Hutu militiamen ravaging the Rwandan capital of Kigali. On Monday, the 30-year-old who came to Canada in 2005 will join a procession marching silently from Parliament Hill to Ottawa City Hall in memory of the 20th anniversary of the Rwanda genocide. Ntwali will carry the memories of his parents.

THE CANADIAN PRESS



Alain Ntwali

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Child porn. Multiple victims in exploitation case: Nova Scotia RCMP

A 15-year-old boy is facing charges of luring a child and distributing and possessing child pornography after RCMP seized computer equipment and cellphones from a home near Truro, N.S.

Colchester District RCMP say they received a call from the public Friday and officers seized electronics believed to store evidence from a home in central Onslow. The 15-year-old was arrested at the scene.

"We don't believe this is an accidental thing where a mistake was made," said Cpl. Addie MacCallum. "We believe this was a deliberate act."

He wouldn't release any details on the victims, such as the gender, but said there are

"more than one" between the ages of 12 and 18 who are from Nova Scotia.

MacCallum said police are in the early stages of their investigation, and more charges, such as the production of child pornography could be laid.

This type of incident where a teen faces child pornography charges is "not a common thing," MacCallum said, but he has noticed an increase over the last few years due to social media making these cases more prevalent.

"You're dealing with a very vulnerable segment of the population. They're highly at risk to being exploited," MacCallum said.

HALEY RYAN/METRO IN HALIFAX

Quebec election

Marois optimistic despite polls

Pauline Marois made a last-ditch appeal to supporters on Sunday to get out and vote for her Parti Québécois on election day, ruling out any kind of deals with the Coalition party to shore up her party if it wins another minority government.

Marois and Quebec's other political leaders were in their final sprint to round up support in what appears to be a tight race to victory in Monday's election.

THE CANADIAN PRESS

Yoke of imperialism?

Ottawa will fight to keep oath

Ontario's top court is set to grapple with whether forcing would-be Canadians to take an oath to the Queen, her heirs and successors is constitutional.

Three longtime permanent residents argue the citizenship requirement is discriminatory and violates their rights to free speech.

Documents filed with the Ontario Court of Appeal, which will hear the case Tuesday, show Ottawa intends to fight any adverse decision. THE CANADIAN PRESS

Fighting for the right to change birth certificates



Renn, and her mother, Fran Forsberg, pose for a photograph at their acreage just outside Saskatoon last week. Renn's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that. LIAM RICHARDS/THE CANADIAN PRESS

Human rights complaints. Transgender children want the ability to change sex on identification documents

Renn Forsberg's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that.

Better yet, they argue, the sex box now marked with an "M" should be removed from the document altogether.

The Saskatchewan family has filed one of several human rights complaints across the country that are prompting some provinces to rethink their rules about changing sex on birth certificates.

Renn's mother, Fran Forsberg, says governments need to keep up with changing times. Birth certificates once listed a baby's race and a father's occupation, she says, and a sex

Quoted

"Officials should be able to look at me, see my name, my date of birth and see I'm a nice little girl and that's that."

12-year-old Harriet Cunningham of Comox, B.C., whose complaint led to a bill that would allow people to change the sex on their birth certificates without surgery.

designation is just as archaic.

Forsberg says Renn needed her birth certificate last year to register for kindergarten in Saskatoon and was embarrassed to be listed as a boy. That sparked her family to fight for a new birth certificate, a basic piece of paper needed to apply for most identification documents.

In the 1970s, most provinces changed their laws so people could change their birth certificates after sex reassignment surgery. The revision left out transgender children, because people must be at least 18 to be eligible for the surgery.

At the time, the legal change was "unbelievably progressive," says Karen Busby, a law professor and expert in sexual and reproductive rights at the University of Manitoba. Some 40 years later, she suspects all provinces are preparing for another overhaul.

In 2012, Ontario's human rights tribunal declared it discriminatory to require an actual sex-change operation for a transgender woman who wanted to switch to female from male on her birth certificate. The province quickly revised its legislation to allow a change with a note from a doctor or psychologist testifying to a person's gender identity. The province set an age limit of 18 and over and said it needed more time to consider the issue.

Other human rights complaints have since been filed in at least three other provinces.

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A U.S. navy plane P-8 Poseidon takes off from Perth Airport to rejoin the search operation for the missing Malaysia Airlines Flight MH370 in Perth, Australia, Sunday. ROB GRIFFITH/THE ASSOCIATED PRESS

Searchers race to verify ocean signals

Flight 370. Brief sounds detected in Indian Ocean could be 'pings' from missing jet's black boxes

Searchers hunting for the missing Malaysia Airlines jet raced toward a patch of the southern Indian Ocean on Sunday to determine whether a few brief sounds picked up by underwater equipment came from the plane's black boxes, whose battery-powered pingers are on the verge of dying out.

Ships scouring a remote stretch of water for the plane that vanished nearly a month ago detected three separate sounds over three days. A Chinese ship picked up an electronic pulsing signal on Friday and again on Saturday, and an Australian ship carrying so-

Too soon to say

"This is an important and encouraging lead, but one which I urge you to treat carefully."

Retired Australian Air Chief Marshal Angus Houston, search co-ordinator

phisticated deep-sea acoustic equipment detected a signal in a different area on Sunday, the head of the multinational search said.

The two black boxes contain flight data and cockpit voice recordings that could solve one of the most baffling mysteries in modern aviation: who or what caused Flight 370 to veer radically off course and vanish March 8 while travelling from Kuala Lumpur, Malaysia, to Beijing with 239 people on board.

But there were questions

about whether any of the sounds were the breakthrough that searchers are desperately seeking or just another dead end in a hunt seemingly full of them, with experts expressing doubt that the equipment aboard the Chinese ship was capable of picking up signals from the black boxes.

Speaking to reporters in Perth, retired Australian Air Chief Marshal Angus Houston, who is co-ordinating the search, warned that the sounds were "fleeting, fleeting acoustic events," not the more extended transmissions that would be expected.

Searchers are racing against time to find the voice and data recorders. The devices emit "pings" so they can be more easily found, but the batteries last for only about a month.

THE ASSOCIATED PRESS

U.S. Navy rescues sick baby girl from crippled sailboat

U.S. sailors rescued an American family with an ill one-year-old from a sailboat that broke down hundreds of miles off the Mexican coast — boarding them Sunday onto a San Diego-bound Navy ship so the girl could get medical treatment.

The baby girl, Lyra, was in stable condition at 8 a.m. Sunday when sailors helped her, her three-year-old sister, Cora, and her parents, Charlotte and Eric Kaufman leave their sailboat and brought them aboard the USS Vandegrift.

The Kaufmans were two weeks into a sailing trip around the world when Lyra

developed a fever and a rash covering most of her body and wasn't responding to medications. After their 36-foot sailboat lost steering and communication abilities about 900 miles southwest of Cabo San Lucas, Mexico, they sent a satellite call for help to the U.S. Coast Guard on Thursday.

Four California Air National Guard members parachuted into the water and reached the boat Thursday night. The crew stabilized the girl and stayed by her side until the Navy frigate arrived at about 1 a.m. Sunday.

Sailors waited until daylight to move the family from



Eric and Charlotte Kaufman with their daughters, Lyra, 1, and Cora, 3.

THE ASSOCIATED PRESS

their inoperable sailboat, Rebel Heart, which authorities were in the process of sinking Sunday because it was taking on water. THE ASSOCIATED PRESS



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How immigrants stay in the country

People come to Canada on a temporary basis through a variety of avenues, including work visas, study visas and visitor visas. To be eligible to stay on a permanent basis, prospective immigrants must meet the requirements of one of four classes or qualify as a provincial nominee.

Canadian Experience Class

- The program is aimed at temporary foreign workers or students who graduated in Canada.
- The work experience must be in certain classes, such as management, professional jobs and technical/skilled trades, as determined by the government.
- Have one year of full-time or part-time work experience in Canada in the three years before applying.



Business Class

- The class is broken into three parts: Investors, entrepreneurs and self-employed.
- People applying as investors and entrepreneurs must meet net worth requirements and must make an investment of a certain amount in the Canadian economy.
- Self-employed applicants must prove they can make a living in areas including art, sports or farming.

Federal Skilled Worker Class

- An offer of employment.
- International student enrolled in a doctorate program who has completed at least two years of study.
- A skilled worker with at least one year of full-time or two years of part-time experience in a pre-selected set of occupations.



Family Class

- Canadian citizens or permanent residents can sponsor people based on their relationship.
- Only certain relationships fit into the category, including spouses, common-law partners, dependent children, parents and grandparents.

Provincial Nominees

- Nearly every province or territory can nominate someone.
- Eligible people have the skills, education and work experience deemed necessary to contribute to the economy of that province or territory.

Canada: Come one,



Proposed federal changes would extend immigrants' wait to participate in citizenship ceremonies like the one shown here. That has some concerned about Canada's future.



Well, maybe. Tough revisions to federal immigration rules could change the lives of would-be citizens



MIKE DONACHIE
Metro in London, Ont.

They come in the hundreds of thousands, and every community in Canada has them: Immigrants.

From across the globe, newcomers pour into Canada each year in search of a new life. In 2012 alone, more than 257,000 people were granted permanent resident status, and many of them aim to be citizens one day.

But this year, things could be changing.

If the federal government secures its planned changes to the Citizenship Act, it's going to become more difficult to become Canadian, and that's got some people worried.

"You're either in the boat or you're not in the boat," said David Cohen of Toronto law firm Campbell Cohen, which operates the website Canadavisa.com.

He's troubled by some of the proposed changes, espe-

cially the need to declare an intention to reside in Canada by anyone applying for citizenship.

"It means two classes of citizens," he said, pointing out that people born in Canada don't need to live here to maintain citizenship.

Cohen said it's undeniable that the new legislation is needed. In recent years the success of an immigration case could have depended on which judge heard it, so there's a need to make the rules more clear, he said.

But there are concerns, he added, like the idea of revoking citizenship from people convicted of serious crimes like terrorism. Cohen said such issues should be heard by the courts to ensure fairness

and transparency.

At the Ontario Council of Agencies Serving Immigrants, executive director Debbie Douglas agreed.

"We do have an effective criminal justice system here in Canada," she said. "Our response to issues of criminality should be through our criminal justice system."

And many of the other changes have her, and other immigrant advocates, worried.

Higher application fees, for example, will cause "hardship," she said, especially for people with large families.

Canada should be making it easier, not tougher, to become citizens, she added.

"Immigrants not only allow the country to keep its economic integrity," she said, "im-

THE STORY OF US: IMMIGRATION IN CANADA,

Day 1
Change and effect

1

Day 2
What Canada wants
vs. what it gets

2

Day 3
Where we come from,
where we go

3

Day 4
Happy times,
hard times

4

come all?



Changes aplenty

Bill C-24 hasn't yet passed, but these are some of the federal plans that could be approved this year:

- The proposal: Permanent residents would face a longer wait before they can apply to be citizens — four years of residency, instead of three.
- There would no longer be a "time credit" for the years spent in Canada before gaining permanent residence. So time here on a student or work visa, for example, wouldn't count toward the time you must wait to become a citizen.
- An application for citizenship would include a declaration of "intent to reside" in Canada, meaning the person plans to stay and not return to their home country.
- Knowledge of English or French would apply to 14- to 64-year-olds, instead of 15- to 54-year-olds.
- The application process would be sped up. The government wants to cut the 320,000-case backlog by 80 per cent.

TORSTAR NEWS SERVICE FILE

migrants also bring a wealth of international experience.

"They enhance who we are as a nation."

But Dan Murray, who's a member of the executive of campaign group Immigration Watch Canada, said the rules should get even tougher.

He accused authorities of doing little to screen for fraud in citizenship and other immigration applications, saying either everyone should be checked or the number of newcomers should be cut to a level the government can check properly.

"Why are we bringing in so many people?" asked Murray, who lives in Vancouver.

There's no economic need for large-scale immigration while Canadians are out of

work, he said.

But one academic differs.

Mohammas Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, Ont., said the current population isn't reproducing fast enough.

Put simply, bringing in new citizens through immigration is preventing Canada from shrinking. More stringent rules only discourage people from coming.

"Immigration is not a favour to the immigrants," he said. "Immigration has become a necessity to maintain your population, to help the labour force and also to look after the elderly, bringing the young people who look after them."

WITH FILES FROM DAVE LANGFORD

Immigration has rebooted Canada's brand: Expert

When the Young Canada Singers sang "Ca-na-da, one little, two little, three Canadians" for the country's centennial in 1967, the country looked a lot different than it does today.

In 1967, visible minorities comprised only about two per cent of the country's population of just more than 20 million people. That's about 400,000 minorities from coast-to-coast.

Data from Statistics Canada showed the country was home to nearly 6.8 million foreign-born individuals in 2011.

Quoted

"There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire."

University of Ottawa history Prof. Pierre Anctil on how Canada presented itself to the rest of the world after the 1970s.

Such a radical shift meant the rebooting of Canada's brand — how this country appears to the rest of the world.

University of Ottawa Canadian history Prof. Pierre Anctil said Canada used to be known as part of the British

Empire.

"It used to present itself that way, even after World War II, but it began to change after the '60s and the 1970s," he said. "There appeared a notion that there was something uniquely Canadian or North American

that didn't relate to the British Empire.

"We welcomed from the '80s on great numbers of immigrants from the (developing world), mostly from Asia, India and China, and that changed the composition of the country, especially in large cities. It introduced visible minorities, people who have a very different background.

"It changed the assumption that Canada gave to the outside world. It's a much more multicultural society than 50 years ago."

SCOTT TAYLOR/METRO IN LONDON, ONT.

A brief history lesson in Canadian immigration

1902

The greatest influx of immigrants in Canada's history begins and continues until the beginning of the First World War in 1914.

1913

Nearly 800,000 people immigrate to Canada, most of them with British roots.

1914-18

Immigration slumps during the First World War.

1928

The opening of Pier 21, the Atlantic gateway to Canada.

1950s

Canada receives about 1.5 million immigrants from Europe.

1962

New immigration regulations are tabled aiming to eliminate discrimination based on race, religion and national origin.

1979-80

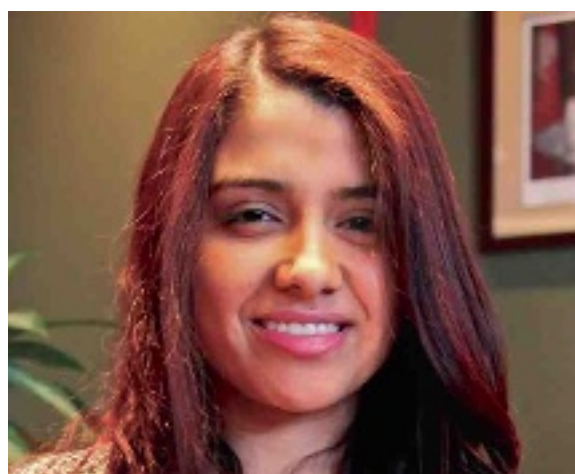
60,000 Vietnamese, Cambodian and Laotian immigrants arrive in Canada.

2002

The Immigration and Refugee Protection Act comes into force.

Faces to know

Over the next four days, you'll meet immigrants who tell The Story of Us. These are just a couple.



Paula Garcia

Age: 23

Home country: Colombia

Her plan: To shape Canada's future as a teacher



Surya Acharya

Age: 23

Home country: Nepal

His dream: To bring his family to Canada, where he's a new permanent resident

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

TOLD IN FIVE PARTS

Day 5

The future and beyond

5

Online

Live the stories of three immigrants in our five-part video series at metronews.ca



Another sale in aisle four. Low, low grocery store prices a good deal, for now

The grocery price wars that have pushed a kilogram of bananas below the price of a chocolate bar may be good news for consumers' wallets, but those who watch the industry see a race to the bottom that may leave shoppers with less selection and dwindling customer service.

The grocery wars got a boost this past year as U.S. giant Target entered the Canadian market, forcing Walmart to up its game in the grocery department, and spurring a new wave of consolidation involving heavyweights such as Loblaw and Sobeys.

The sheer size of the new

Canadian behemoths

- Last year, Sobeys bought Safeway Canada in a \$5.8 billion deal.
- In March, Loblaw Co.'s \$12.4 billion purchase of Shoppers Drug Mart Corp. was approved, adding roughly 2,300 corporate, franchised and associate-owned stores and 1,800 pharmacies to its portfolio.

giants weakened the negotiating position of suppliers.

THE CANADIAN PRESS

Canadian CEO group

Largest firms say they pay fair share

Canada's largest firms want it known that they are indeed paying their fair share of taxes, even if governments

have slashed corporate rates to new lows.

The Canadian Council of Chief Executives issued survey results suggesting when all taxes are included, the companies paid on average 33.4 per cent of profits in taxes in 2012. THE CANADIAN PRESS

Are pot stocks a token, er, joke?



HOW
TO ROLL
Alison Griffiths
metronews.ca

I couldn't resist this headline. "You'd have to be a dope to buy marijuana stocks." That's American journalist and entrepreneur Cody Willard's take on the cannabis stock express.

Willard, like many market pundits, urges caution as companies pile in to capitalize on the legalization of recreational pot in Colorado and Washington.

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation. Then there are all the ne'er-do-wells who chase trends like cannabis to make big bucks from the gullible.

This doesn't mean the marijuana industry won't become a solid investment prospect one day. But currently there are a number of problems with inviting pot into your portfolio.

Trading

Marijuana stocks such as Advanced Cannabis Solutions

(CANN), Hemp Inc. (HEMP) and GrowLife (PHOT) mostly trade on informal over-the-counter (OTC) exchanges or bulletin boards. This means trading volume can be highly erratic, and while it's usually possible to buy these stocks through most discount and full-service brokers, selling them is a different matter.

When cannabis stocks make it onto formal exchanges such as NASDAQ, the industry will be mature enough to provide the liquidity necessary to make getting out as easy as getting in.

The Security and Exchange Commission, which regulates the U.S. financial industry, has just suspended trading in Advanced Cannabis's stock, citing suspicions of insider trading. Last month, the company announced an agreement with unnamed Canadian investors for a startup company to serve the medical-marijuana market here.

Diligence

Over-the-counter exchanges do not require the transparency and accounting diligence of the major, formal exchanges,



Can you make a lot of green from stocks from the green stuff? Maybe, but it's still early days. ED ANDRIESKI/THE ASSOCIATED PRESS FILE

such as the Toronto Stock Exchange or NASDAQ.

Wait a minute, you say, what about Enron, WorldCom, Bear Stearns and our own darling, Bre-X? Weren't those scandalous companies listed on major stock exchanges? Exactly! So what chance do regular folk have in evaluating OTC pot stocks?

The law

Chances are, the marijuana laws throughout most of the

developed world will one day seem as quaint as Prohibition does in 2014. But right now growth in cannabis sales rests with the recreational user. Despite the reforms in Colorado and Washington, marijuana for fun is illegal at the federal level in the U.S. and virtually everywhere else. That severely limits the cannabis market in the short term.

The bottom line? Your dollars can go up in smoke as quickly as a reefer. Be cautious.

Nigeria's huge GDP knocks South Africa from top spot

Nigeria's recalculated economy is worth \$510 billion US, by far the biggest in Africa, officials announced Sunday as part of a long overdue recount that gives the West African nation continental bragging rights but does little for the 70 per cent of its citizens living in poverty.

The new estimate of Nigeria's GDP adds previously uncounted industries like telecommunications, information technology, music, airlines, burgeoning online retail outlets and Nollywood film production that didn't exist when the last GDP count was made in 1990. Then, there were 300,000 landlines. Today, Nigeria has 100 million cellphone users.

With one fell swoop, Nigeria knocked out of the ring South Africa, whose GDP of \$353 billion US was previously counted the biggest on the continent, winning it a place as the only African member of the G20.

Figures announced by Nigeria's statistician general, Yemi Kale, nearly doubled previous estimates of the economy — from 42.3 trillion naira in 2012 to 80.3 trillion naira for 2013. He said that equated to \$509.97 billion US, using an official exchange rate of 157.48



A woman shops for Nollywood DVD's in Nigeria. Nollywood film production has helped boost Nigeria's GDP. SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE

naira to \$1 US. But the naira has been trading more realistically at about 168 naira to the dollar for months, giving a figure of \$477.98 billion US.

Finance Minister Ngozi Ikono-Iweala told a news conference Sunday that the recalculation makes Nigeria the 26th largest economy in the world and raises its per capita income to \$2,688 US, making it No. 121 in the world, up from No. 135.

That is still feeble compared to South Africa's \$7,336 US for its population of 48 million. South Africa, bedeviled by mining strikes, violent protests

Population

177M

At 177 million, Nigeria's population is by far the largest in Africa and eighth largest in the world, according to the CIA's World Factbook.

over services and a lackluster performance that has kept annual growth at around 3.5 per cent, still has infrastructure unrivalled on the continent, most notably a power sector that generates 10 times more electricity than Nigeria.

THE ASSOCIATED PRESS

TOP 25 CANADIAN IMMIGRANT AWARDS

IT'S TIME TO VOTE!

Hundreds of nominations were submitted from across the country, telling incredible stories of Canadian immigrants who have made an impact since their arrival. Like our past winners, their achievements are inspiring.

Our judges have narrowed it down to the final 75. Now it's your turn to help choose the RBC Top 25 Canadian Immigrant award winners for 2014.

Vote today to support Canadian immigrants and their contributions to Canada.

Visit: canadianimmigrant.ca/rbctop25

Michelle Jean 2009 Winner

Joe Marasciello 2010 Winner

Juliana Weiss 2011 Winner

Feng Tian 2012 Winner

Alexandra Moudouk 2013 Winner

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OTTAWA NOT A TOUGH CUSTOMER

Ottawa is a city of big tippers, at least according to a survey released last week.

You could question the rigour of the study, which was sponsored by Square, a mobile payment company. The data came only from users of their system and its release was primarily aimed at getting the company's name in the paper (and, well, mission accomplished, I guess).

In a similar stunt-study last month sponsored by computer security company Symantec, cellphones were intentionally left alone in five cities (Ottawa, Los Angeles, San Francisco, Washington, D.C. and New York) to see if they'd be returned. Ottawa came out as the most honest city by this measure, with seven out of ten returned — though most did a little data-snooping before turning them in. So, we're perhaps honest, but also nosy.

In the tipping study, Ottawa was the top city both in terms of tip frequency and size, with customers here tacking on an average gratuity of 15.6 per cent, and doing so 76.6 per cent of the time. Of the five-city comparison, Calgary came out looking the



URBAN COMPASS

Steve Collins

ottawa@metronews.ca

cheapest, tipping 13.3 per cent on average, 59.4 per cent of the time.

Some will inevitably suggest that because we're the nation's capital, we have a larger percentage of people spending other Canadians' money.

Questionable expense claims by public officials turn up in the news now and then, but as a general rule, if taxpayers are buying your meal already, you should represent them proudly and not short-change your server.

It may also be relevant that we're a tourist destination and people on vacation or at a convention may be a little more relaxed about opening their wallets. If this bumps our tipping numbers up, though, at least some of Ottawa's vaunted generosity can be attributed not to its residents but to its visitors.

As for our municipal government, it's a customer, too, a multi-billion-dollar buyer of goods and services, but city council frequently makes conspicuous shows of its frugality. The mayor's

and councillors' office budgets have been frozen for four years, and councillors were keen to let the public know that on average they'd spent only 88 per cent of the \$241,508 available to each of them last year. Ostentatious tippers they are not.

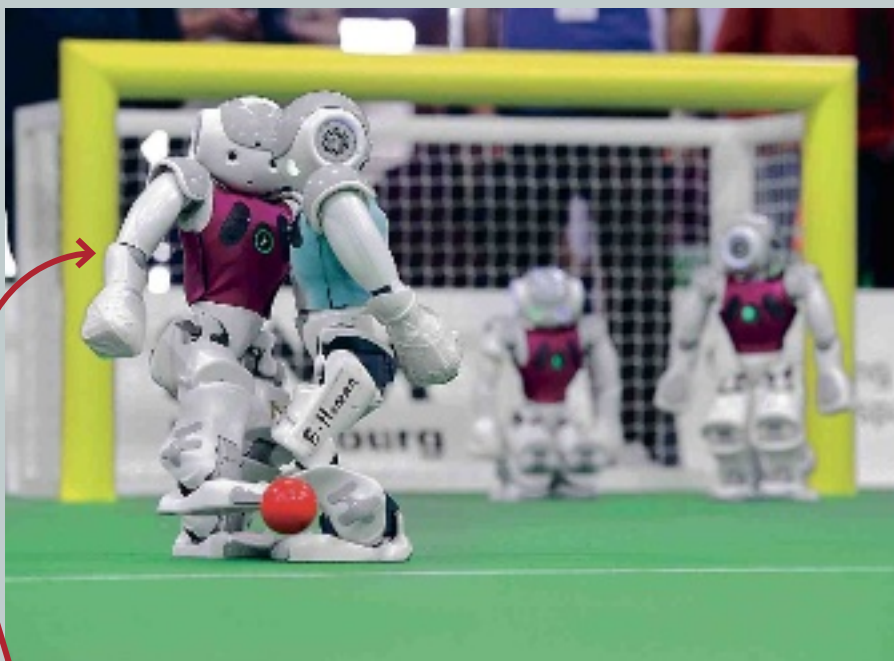
But council's proven willing to take big-ticket flyers on unproven new technology (Presto, Plasco) and they've been remarkably patient with their ongoing technical and financial hiccups.

Last year, the city gave Plasco not one but two extensions on a deadline to secure financing for their waste-to-energy plant. They currently have until the end of the year to get their act together. And there's no need to revisit the repeated scrubs of Presto's launch, originally scheduled for 2010. When Metrolinx reps showed up at transit commission in December, they did get a dissatisfied-customer earful from commissioners for still over-promising and under-delivering.

To finance the above shopping, final property tax bills came due last month. You can even pay them online, if you don't mind a two per cent "service charge," which on a four-figure chunk of change seems a pretty heavy tip for the privilege of simply paying a bill. But we're generous customers here in Ottawa, aren't we?

ZOOM

Look out, Cristiano Ronaldo



JENS SCHLIETER/GETTY IMAGES

RoboCup kicked off in Germany

Two teams of robots play against each other in the 2014 RoboCup German open tournament over the weekend in Magdeburg, Germany.

The robots, which are models called Nao from Aldebaran Robotics in France, perform autonomously and communicate with one another via Wi-Fi. There were 950 participants from 12



Participants check out robots at the 2014 RoboCup. GETTY IMAGES

countries participating in the three-day tournament and they competed in a variety of disciplines, including soccer, rescue and dance. GETTY

What about World Cup?

- **Dystopian future.** The aim of the RoboCup is to create a team that will be able to defeat the best human players by 2050.
- **Not all fun and games.** The technology used will be transferred to more useful applications after the tournament, such as search and rescue.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on pages 8-9 in News, page 12 in Scene, and page 18 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

One Vine account worth watching



ANDREW FIFIELD
metronews.ca

Armed with little more than paper, pen and a killer Morgan Freeman impression, there are few Vine accounts more reliably funny than the bizarre and fearsomely clever MCandFriends. We've compiled a short highlight reel of our favourite MC animations. Or follow @MCandFriends.



ISTOCKIMAGE

2 SCENE

Ebooks



The Massey Lectures

By. House of Anansi Press

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MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This iPad art book elegantly packages the recordings and transcripts of the CBC series into an eBook collection where fans can take notes, join online discussions, and access free interviews. Among the first six speakers presented are the captivating Lawrence Hill, Margaret Atwood, and Neil Turok. Also among them is Margaret Somerville, a stumble in the otherwise brilliant series.

Television

The Simpsons just keep on going

There will be no more Simpsons movies, insists executive producer Al Jean. But he says the show, which has been on the air for 25 years, isn't getting cancelled any time soon and could conceivably go on for decades. "In show business you always treat every day as your last, but we're guaranteed through 26 (seasons)," he said.

THE ASSOCIATED PRESS

Director reflects on his horror hang-ups

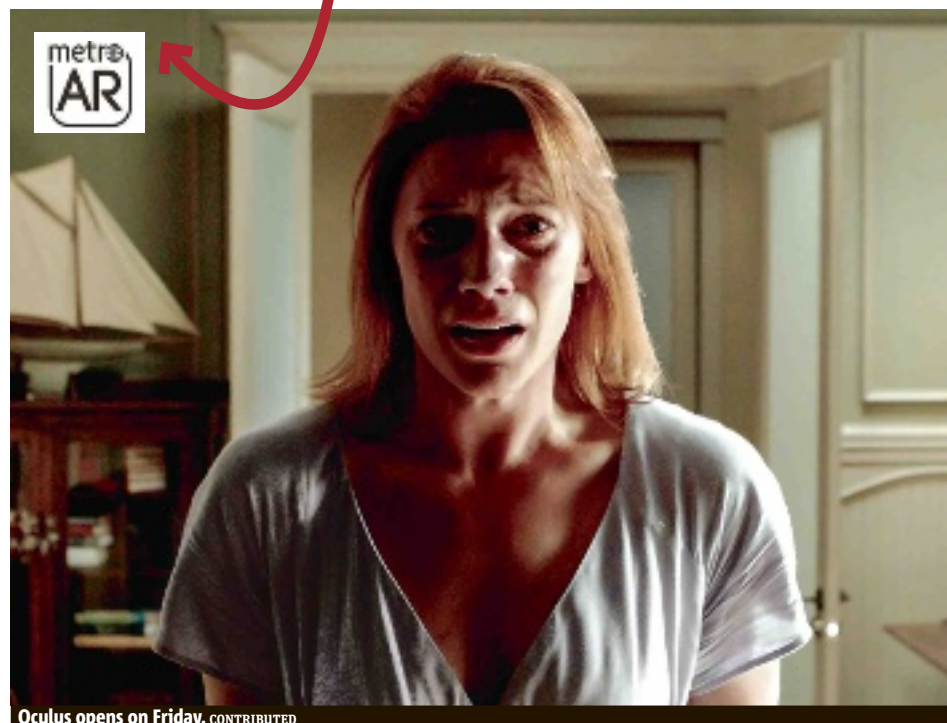
Mirror, mirror. The man behind Oculus can't figure out the origins of his fascination with the freaky

CHRIS ALEXANDER
scene@metronews.ca

The concept of a haunted mirror is nothing new in dark fantasy entertainment. Snow White's evil Queen took some not-so-sage advice from one, and horror films like *The Boogeyman* and *Mirrors* have also exploited the concept to varying effect. But the genre has never seen a looking glass as malevolent as the one that hangs on the wall in Mike Flanagan's much buzzed about creeper, *Oculus*.

Oculus is the followup to director Flanagan's unnerving low budget horror hit *Absentia*. And like that meticulously designed, grim fable, *Oculus* uses the supernatural to tell a story of domestic breakdown. In it, a brother and sister come together to destroy a monstrous antique mirror that they believe unleashed hell into their childhood.

The film is terrifying, mysterious and emotionally affecting — especially when dealing with the miseries of home — leading many viewers to question if the direc-



Oculus opens on Friday. CONTRIBUTED

tor's films are some kind of personal mirror themselves.

"Not at all," Flanagan chuckles.

"My childhood was very great. Probably the safest and most normal of middle-class military families. So I don't really know where all this comes from, because I kind of think of myself as a pretty happy-go-lucky guy and then people come out of the movies and say, 'What's wrong with you?'"

"Maybe watching and making movies are a playground to exorcise any demons that might be there.

Movies keep me happy, I guess."

There's nothing happy about *Oculus*, however. The film is most assuredly a tragedy, albeit one goosed by the gimmick of evil vanity portals and relentless dread. It's a master class in slow-burn atmosphere and craft, and yet nothing in Flanagan's extensive background even hints that such a deft filmmaker would ultimately emerge, so ripe is his resumé with quickie TV potboilers and tired reality shows.

"When I finished the short that *Oculus* was based on in

2005," says the filmmaker, "it was the first thing I was really proud of, the first thing that felt that there was a voice to it.

"Before that, I was jumping from one reality show to another and at the end of the day I felt I was contributing to making the world stupider.

"But that kind of work taught me a ton about editorial storytelling and informed me as a writer and editor and I'm ultimately really glad I had that background. Otherwise, I don't think I'd be where I am now."

Elaine Lui's mother really does know best

As the voice behind the hit Canadian blog *Laineygossip.com*, famed star watcher and TV personality Elaine Lui is revered for salty scrutiny and juicy scoops on all things celebrity. But with her new memoir — *Listen to the Squawking Chicken: When a Mother Knows Best, What's a Daughter to Do?* — the witty writer turns the analysis on herself and her relationship with her strong-willed mom, who parlayed a challenging childhood into a determined attitude that she imparted on her prolific daughter.

The indefatigable co-host of

CTV's daytime talk show *The Social* and reporter for entertainment program *eTalk* says she wrote the book for her mother, Judy Yeung. Yeung was recovering from a rare syndrome known as *POEMS* and Lui hoped it would give her something to look forward to. It wasn't until Lui read each chapter aloud for the audio book version that she realized the writing process — which up to that point had been more intensely technical than emotional — also had a big impact on herself.

"It was surreal because when I was reading it out loud

for the audio book, I was almost reading somebody else's book," Lui, 40, said. "It's a really weird, bizarre experience, and so that's when I started to appreciate my relationship with my mother from a weird angle."

One section in particular really hit her — the moment when she tells her ailing mother: "Your life has sucked over and over again. Where is the high that can balance out those lows?" to which her mother replies, "What the hell do you think you are? Every Tiger has a roar. You are my roar."

THE CANADIAN PRESS



Elaine Lui says reading the book she'd written about her relationship with her mother made her appreciate it from a different angle. THE CANADIAN PRESS



James Franco ALL PHOTOS GETTY IMAGES

Franco has some 'splainin' to do after underage fan leaks his flirty DMs

James Franco is feeling more than a little red in the face after a 17-year-old Scottish girl leaked direct messages and texts from the 35-year-old actor as he tried to woo her during a recent visit to New York. "I'm embarrassed, and I guess I'm just a model of how social media is tricky," Franco said during a visit to Live! With Kelly and Michael when the incident came up. "It's a way people meet each other today. But what I learned because

I'm new to it is you don't know who's on the other end. I used bad judgment. I learned my lesson." The messages show Franco attempting to set up a meeting with the young woman, offering to rent himself a room in her hotel. "Not only do I have to go through the embarrassing rituals of meeting someone, sometimes if I do that then it gets published for the world, so no, it's doubly embarrassing," he said.



Ariana Grande

Grande denies Sam & Cat fight over salaries with co-star McCurdy

Are Ariana Grande and Jennette McCurdy feuding? The writing is sort of on the wall: Despite being the most popular series on Nickelodeon, their show Sam & Cat has yet to receive a second season pickup, so something must be going on behind the scenes. The two young actresses, who both started out as second bananas on other Nick sitcoms, are at very different places in their careers

now: Grande is a rising pop star who's being positioned as the new pre-twerk Miley Cyrus, while McCurdy is, well, on Sam & Cat. Rumour has it that McCurdy is angry that Grande has a much higher salary than she does. Grande, however, has taken Twitter to deny that she and McCurdy are feuding over money — in fact, she says they make the same amount.

Pop goes the week

Juan too many? Drinks tossed at ex-Bachelor



STARGAZING
Malene Arpe
scene@metronews.ca

This week in incoherent rage: 1) Fans of *How I Met Your Mother* lost their minds over the series finale. 2) Ex-Bachelor Juan Pablo Galavis had two drinks thrown at him at an Atlantic City club event. 3) Johnny Weir had a crying fit when told he has to sell his Fabergé egg so that the proceeds can be divided with his ex-husband.

Lindsay Lohan says she was this close to being

cast in the new *Avengers* movie. So they are adding the character of Lore-liar.

Halle Berry denies rumours she and husband Olivier Martinez are fighting and calls him "delicious." Holy coincidence! That's exactly what the leader of Terminus said about Rick Grimes.

This week in abject disappointment: 1) A woman spent some \$25,000 on six surgeries to make herself look like Jennifer Lawrence and ended up looking nothing like Jennifer Lawrence. 2) Kris Jenner will not pose naked for *Playboy*. 3) Elle Macpherson says her secret to looking great at 50 is "Love, laughter and my super greens." It's always kale isn't it?



Depp crushes fantasies, claims he's no savage



Johnny Depp isn't taking rumours that fiancée Amber Heard might be knocked up lying down. Reports surfaced recently suggesting that the couple's sudden decision to marry was motivated by a baby on the way, but Depp himself seemed shocked by the idea when the "Today" show's Savannah Guthrie asked him about the rumour. "Good God, what do you think I am, a savage?" Depp responded. "No, it's not a shotgun affair."



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GAIL VAZ-OXLAIDE
Gail blogs daily at gailvazoxlaide.com

Are you still paying outrageous fees or settling for next to no interest on your bank accounts? Wuzzup with that? Loads of Canadians keep their money in A Big Bank, earning a pittance in interest and paying liberally for service. And some make matters worse by not managing their money properly so they're constantly in overdraft, bouncing cheques, or using banking machines like wallets and paying big-time for the "convenience."

When I ask people why they're willing to settle for 0.25 per cent in interest on their savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere, they tell me changing banks is such a hassle. "C'mon, Gail," they say, a whine in their voice, "all that work for such a lousy interest rate." So if you saw a \$20 bill sitting in the middle of the sidewalk you'd step over it?

Seriously, would you step over it?

One of the main reasons people won't switch accounts is laziness. It takes work to make the switch. If you have pre-authorized debits, it can feel like torture trying to get them all switched over. But if all that's standing between you and an account that pays decent interest without exorbitant fees is laziness, you don't have the right to complain about your bank ev-ah!



Make a list of the things you actually need on your bank account, like writing cheques, before you shop around. ISTOCK

Found your new bank? Follow these five steps to make the switch as painless as possible

1 Open the new account and get all the information you'll need like the account number, your branch number, and the like. If you're using cheques, order some.

2 List your auto-transactions. What's being automatically deposited or withdrawn from your old account? Look over your past few statements and make your list.

3 Reconcile your account.

You have to account for every penny so you don't have any nasty surprises during the transition. Those six post-dated cheques to the music teacher will bounce sky-high if you close the account without telling her and replacing her cheques.

4 First switch over all deposits and then switch over the withdrawals. That way there will be money in the new account when withdrawals start.

5 Leave the old account open for about two months with some money in it to catch any missing deposits or withdrawals. Don't worry about the balance in the old account just sitting there wasting time. It's protecting you from the aggravation caused by a poor memory. Be patient and when there's been no activity for a month, consider yourself in the clear and close the old account.

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

Start by making a list of the things you actually need on your account. Do you write cheques? How often do you go to the banking machine? (If you're going more

than once a week, you're using the ATM as a wallet, so stop.) How many swipes of your debit card do you do in a month? Do you travel a lot and require easy, cheap

Branch out

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

access to your money when you're on the road?

Once you know the services you need, it's time to go shopping to compare prices and features. You can hit the pavement, let your fingers do the walking, or head on over to the Financial Consumer Agency of Canada's website and use the interactive tool to narrow down the alternatives.

Be honest about how you use your accounts. And know the difference between chequing accounts and savings accounts. Some banks have what they call a "chequing/savings." If all you need is a savings account (which is free) don't get talked into buying an account with features you might need with service charges you will pay.

Don't stay stuck using a bank account that doesn't serve your needs because of a sense of loyalty or because you're too bone lazy to make a change to a better option. You work hard for your money. You should expect your bank to treat it with respect. Don't settle. Demand a better deal and if you can't get it where you're currently banking, move your money.

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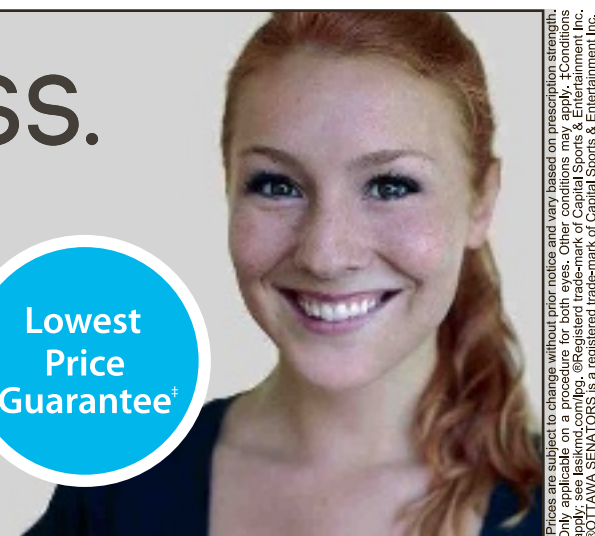
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Salmon with Pesto and Cream Cheese: Start the week on a light dinner note



ROSE REISMAN
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If you want a new twist on serving your salmon, you've got it right here!

Serve up a tasty pesto cream cheese filling placed into a fillet of salmon. It's attractive to look at and equally delicious.

I prefer to use homemade pesto, which has fewer calories and less fat than store-bought pesto. This pesto recipe makes more than what you will use for the salmon. You can keep it refrigerated or freeze it for later use. You can experiment with pesto and use a variety of herbs and leaves such as spinach, cilantro, baby kale or arugula.

To toast the pine nuts or almonds, just place a dry skillet over high heat, add the



**TOTAL TIME
ABOUT 17
MINUTES**

This recipe serves six. ROSE REISMAN

Ingredients

- 1/4 cup low-fat cream cheese (about 2 oz), softened
- 2 tbsp pesto (homemade or store-bought)
- 1 1/2 lb salmon fillet, cut into 6 fillets (about 4 oz each)
- 2 tbsp toasted pine nuts (or chopped toasted almonds)

Pesto

- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese, softened
- 1 tsp finely chopped garlic
- 3 tbsp chicken stock
- 2 tbsp olive oil

FLASH FOOD



From your fridge
to your table in
30 minutes or less

nuts and stir often for about three minutes or until they are lightly browned.

It's always best to slightly undercook your salmon to retain the moisture. I like to always use the method of measuring the salmon at the thickest part. For every one

inch of thickness, stick to the rule of baking for 10 minutes at 425 F.

Directions

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and lightly coat with cooking spray.

2. Combine the cream cheese and 2 tbsp pesto in a small bowl until smooth. (If making pesto recipe above, puree all ingredients, remove the 2 tbsp for the filling and save the remainder

for a later use.)

3. Make a small vertical slit on the top of each salmon fillet to within 1/4 inch of each end and about 1/2-inch deep.

Stuff each fillet by dividing the pesto filling between the 6 fillets.

4. Place on prepared baking sheet and bake for 10 min-

utes per inch of thickness.

5. Garnish with 2 tbsp toasted nuts before serving. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving (salmon with one tablespoon of pesto)

- Calories. 282
- Carbohydrates. 16. g

- Fibre. 0.4 g
- Protein. 28 g
- Total fat. 16.9 g

- Saturated fat. 3.7 g
- Cholesterol. 79 mg
- Sodium. 130 mg

Vegetables show their fancy side

Crudités served with homemade ranch dressing are an attractive and perfect way for anyone to enjoy veggies.

Use any size of glass you prefer. I serve these at parties,

as appetizers or give them to children as a fun and nutritious snack.

Ranch dressing is traditionally high in fat and calories due to the excess oil

and mayonnaise. My version is light and creamy. If you don't want to buy buttermilk, simply create your own using a mixture of half a cup 2% milk with two tablespoons of

lemon juice and letting it sit for five minutes.

The recipe will keep in the refrigerator for up to three days.

1. Whisk mayonnaise, buttermilk, mustard, lemon juice, salt and pepper, garlic and sugar until combined.

2. Divide dressing among 4 or 6 cups. Divide and place vegetables upright into dressing. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1/3 cup reduced-fat mayonnaise
- 1/2 cup buttermilk
- 1 tsp Dijon mustard
- 4 tsp lemon juice

- Pinch of salt and pepper
- 1/2 tsp crushed garlic
- 1 1/2 tsp sugar
- 4 – 6 small plastic or glass cups

- Selection of cut vegetables such as carrots, string beans, grape tomatoes, zucchini, cauliflower, broccoli



This recipe takes five minutes to prepare. ROSE REISMAN

When cash is part of the curriculum

The Work Colleges.

Institutions across the United States are tackling student debt woes by making working during school a requirement

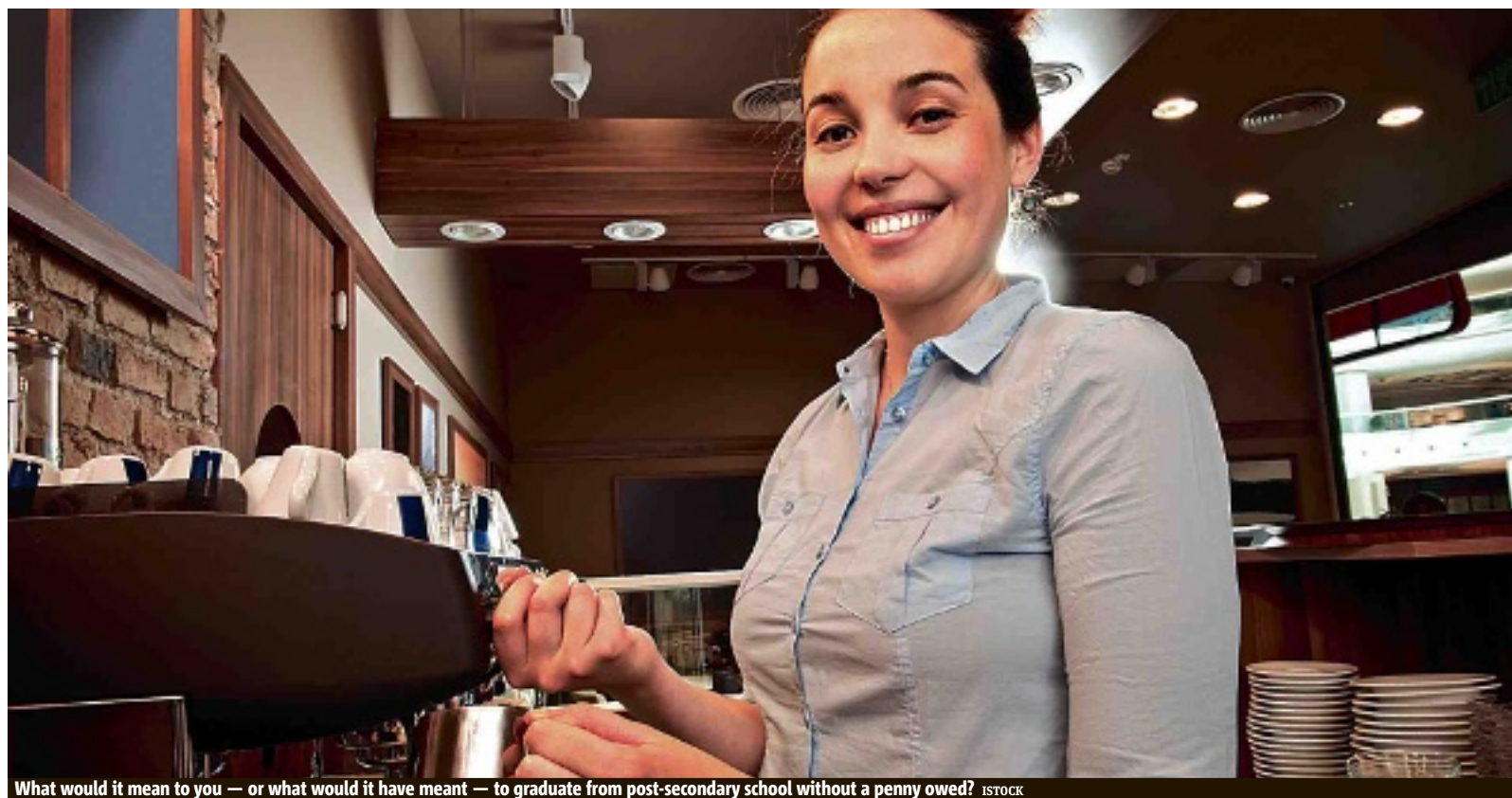
Many students spend years after college working off tens of thousands of dollars in school debt. But at seven "Work Colleges" around the United States, students are required to work on campus as part of their studies — doing everything from landscaping, growing and cooking food to public relations and feeding farm animals — to pay off at least some of their tuition before they graduate.

The arrangement not only makes college more affordable for students who otherwise might not be able to go, it also gives them real-life experience, teaches them responsibility and how to work together, officials said.

"I love it," said Melissa Eckstrom, of Philadelphia, who is an assistant garden manager at Sterling College in Craftsbury, Vt., where she's studying sustainable agriculture.

"It's really satisfying to work in the garden and do all this hands-on, you know, dirty work — and I go to the kitchen and sit down for a meal and I'm like, I grew this. It can't get more full circle than that."

With rising college costs and a U.S. national student loan debt reaching more than \$1 trillion, "earning while learning" is becoming more appealing for



What would it mean to you — or what would it have meant — to graduate from post-secondary school without a penny owed? ISTOCK

some students. The work college program is different than the U.S. federal work study program, which is an optional voluntary program that offers funds for part-time jobs for needy students.

But at the seven so-called Work Colleges — Sterling College, Alice Lloyd College in Pippa Passes, Ky., Berea College in Berea, Ky., Blackburn College in Carlinville, Ill., College of the Ozarks in Lookout, Mo., Ecclesia

We're all in this together

"No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job."

Robin Taffler
Executive director of the Work Colleges Consortium

College in Springdale, Ark., and Warren Wilson College in Asheville, N.C., — work is required and relied upon for the daily operation of the institution, no matter what the students' background. The students are then evaluated on their performance.

"It's a core component of

the educational program," said Robin Taffler, executive director of the Work Colleges Consortium.

"It does not differentiate between those that can afford to pay for their education, from those that must work to cover their educational costs. And that's a big deal. No student can buy

their way out of this work program. So this essentially levels the playing field because everybody is doing a job," she said.

Eckstrom works up to 100 hours a semester at \$11.10 an hour, so the pay helps with her school costs, she said. She also gets tuition credit for coming a week early for training before the start of the school year.

"It's all very helpful," said Eckstrom, 23, who said she probably couldn't have afforded to attend a school like Sterling otherwise.

THE ASSOCIATED PRESS

What does labour do for learners?

- The Work Colleges Consortium reports that 75 per cent of graduates agree their college work helped prepare them for their first job and 84 per cent said it helped them to get along with people with different attitudes and opinions. Seventy-five per cent of graduates agreed that their work experience helped them to understand the importance of service to others and 86 per cent said it helped them to appreciate the value and dignity of work, the consortium said.

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EST. 1996

Should your boss let you nap at the office?

Getting serious about siesta. Author says that having a little doze at your desk could in fact be good for productivity

EDWARD THOMPSON
Metro World News

Our failure to unplug from computers and smartphones before bed is causing a dramatic rise in sleeplessness, a study by the University of Hertfordshire, England has revealed.

Professor Richard Wiseman, one of the academics behind the research, found that two thirds of Brits are now getting less than seven hours sleep. This sleeplessness not only has an effect on day-to-day functioning and work productivity, but is putting people at an increased risk of heart attacks, diabetes and cancer.

However, there is some good news for those of you



The blue light emitted by computers, tablets and smartphones can disrupt your sleep. Better to turn devices off an hour before going to bed. ISTOCK

who are guilty of dropping off at your desk, as Wiseman states that a short afternoon nap can increase cognitive sharpness in his new book Night School: Wake Up to the Power of Sleep.

Wiseman explains to Metro why we all need to shut down at night and why Mr. Sandman shouldn't be shunned from the office.

How is technology detrimental to a good night's sleep?

Devices emit a light that falls towards the blue end of the spectrum, which disrupts the production of a hormone called melatonin that makes you feel sleepy. Blue light has a very negative effect on the hormone, so people should avoid computers, tablets and smartphones an hour or so before going to bed.

Is sleeplessness on the rise?

Yes, certainly in the U.K. Two thirds of the population are counted as sleep-deprived (under seven hours per night). A year ago that was a round 40 per cent, so there's been a 20 per cent increase, which we're putting down to smartphones and tablets.

Why is it better to read a book before bed?

TVs, like computers, give off a blue light, so you're better off reading something not very exciting in a low-ish light.

What are the benefits of a power nap?

There are huge benefits. We're designed to nap at

one or two in the afternoon. It's important to avoid sleeping for more than 90 minutes because that disrupts your sleep at night.

Around 20 minutes is good because it's a light sleep and a six-minute nap can clear your head. Employers don't like it but you'll see a rise in

Grab some Z's, if you please

"Around 20 minutes is good because it's a light sleep and a six-minute nap can clear your head. Employers don't like it but you'll see a rise in productivity because people are a lot more focused."

Professor Richard Wiseman
Author of Night School on naps at the workplace

productivity because people are a lot more focused.

You also collated data on the most common dreams among participants, so which celebrity popped up most among dreamers?

On our dream database George Clooney was particularly popular among women. One woman, who would dream about him, was having this ongoing and elaborate affair.



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Sabathia continues to crack Blue Jays

MLB. Yankees pitcher improves career mark vs. Toronto to 15-4 in rubber match win

Yankees veteran CC Sabathia extended his mastery over Toronto on a day that saw young Jays right-hander Drew Hutchison pay for his lack of control.

Sabathia, in his 400th American League start, wobbled in the first and sixth innings, but retired 16 of 17 between the flashpoints to help New York to a 6-4 victory Sunday afternoon.

The six-foot-seven left-hander, who looks like he sleeps in his baggy uniform, improved his record at the Rogers Centre to 7-1 and his career mark against the Jays to 15-4. He gave up four runs on seven hits and struck out six in a six-inning, 93-pitch performance that featured 65 strikes.

"He threw great," said Yankees first baseman Kelly Johnson. "He mixed his pitches, he was in the zone, guys were off balance. That's a good sign."

"He got more and more confident and his stuff got even better as the game went on."

The Yankee win came in the rubber match of a three-game series. New York (3-3) returns to the Bronx for a nine-game homestand while Toronto (3-4) has a day off before hosting Houston.

"Today was just on me," said the 23-year-old Hutchison, who suffered his first Rogers Centre loss in six starts. "It was my loss."

Hutchison (1-1) lasted just



Brian Roberts of the New York Yankees gets the force out at second base but cannot turn the double play in the first inning on Sunday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

3 1/3 innings. He struck out six but walked three and hit a batsman with all four scoring.

In only his second big league start since returning from Tommy John surgery, he gave up six earned runs on six hits while throwing 78 pitches including 49 for strikes.

Toronto manager John Gibbons says Hutchison has been struggling of late, although he got away with it previously.

"He was high in the (strike) zone a lot. That's not who he is," said Gibbons. "He'll get back down there."

THE ASSOCIATED PRESS

Leaving his mark

Derek Jeter has taken over sole possession of eighth place on baseball's career hits list with a single in the fourth inning against the Blue Jays.

- The veteran shortstop grounded a one-out hit into right field Sunday, chasing Blue Jays starter Drew Hutchison.

- It was the 3,320th hit of Jeter's career, moving him

past Hall of Famer Paul Molitor. Next on the list is Carl Yastrzemski, with 3,419.

- One inning earlier, Jeter tied Molitor with a leadoff single, a line drive to right.

- Jeter sat out Friday's series opener then went 0 for 2 with two walks Saturday. His previous hit was an RBI single in the fifth inning of Thursday's win at Houston.

Curling

Canucks fall to Swiss at worlds

Canada's Kevin Koe had to settle for fourth place at the world men's curling championship after falling 7-5 to Switzerland in Sunday's bronze-medal match.

Koe's Calgary rink came into the 10th end down by three, but couldn't muster the comeback, scoring just a single point in the final end against the Swiss team.

THE CANADIAN PRESS

Premier League

Gerrard's pair lifts Liverpool to top of EPL; Arsenal falls

Steven Gerrard scored twice from the penalty spot as Liverpool stretched its Premier League winning streak to nine matches and returned to the top of the table with a 2-1 win at West Ham on Sunday, while Arsenal was dealt another blow by a top-five team in a 3-0 thrashing by Everton.

THE ASSOCIATED PRESS

Bahrain Grand Prix

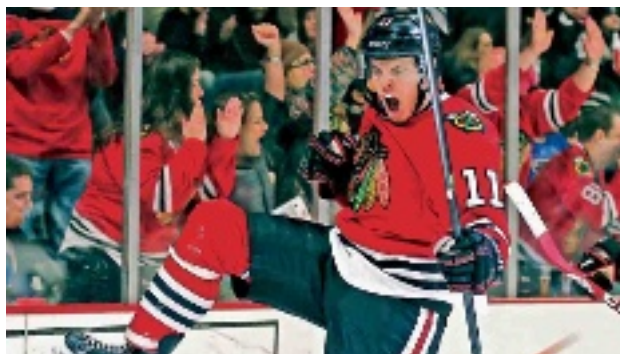
Mercedes earns second 1-2 finish

Lewis Hamilton edged Mercedes teammate Nico Rosberg after an intense race-long duel to take victory by just one second at the Bahrain Grand Prix on Sunday.

The two Mercedes were predictably in a different league to their rivals and recorded their second one-two finish in eight days after Hamilton's victory last weekend in Malaysia.

THE ASSOCIATED PRESS

Battered Blackhawks take down Blues



Jeremy Morin of the Blackhawks celebrates a second-period goal against the St. Louis Blues in Chicago. JONATHAN DANIEL/GETTY IMAGES

The Chicago Blackhawks are taking a more direct approach to generating offence without injured star forwards Jonathan Toews and Patrick Kane.

So far, it's working.

Rookie Jeremy Morin scored and set up Patrick Sharp's go-ahead goal in the second period, and injury-depleted Chicago held on to defeat the St. Louis Blues 4-2 on Sunday afternoon for its third straight win.

The Blackhawks ground out the victory despite playing without Toews' powerful skating and Kane's puck-handling

On Sunday

4

Blackhawks

2

Blues

skills for the third game. Forward Brandon Saad was a last-minute scratch.

"We've simplified our game quite a bit," said Sharp, who scored his team-leading 33rd

goal.

"Usually when you battle hard individually and as a team, good things happen. We've raised our battle level lately, but we're just keeping things simple. Getting pucks in, getting pucks out."

And some younger players, such as Morin, are getting more ice time and showing just how deep defending Stanley Cup champion Chicago is.

"I'm just taking it day by day every time I'm in the lineup, trying to make the most of it," Morin said." THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20
You are about to embark on one of the best times of the year for ideas and communication. Are you ready? Anything of a creative nature will go well for you over the next few days.

Taurus

April 21 - May 21
Sometimes you can be a bit offhand in your attitude and the planets warn you need to be more respectful if you want to get ahead. In everything you do, try to work out how other people may take it.

Gemini

May 22 - June 21
Don't worry about your work and worry even less about your finances. Focus on having fun. Mercury, your ruler, moves in your favour today and that means you should be on the move as well.

Cancer

June 22 - July 23
Something you have been worrying about for ages will no longer bother you as from today. The situation itself may not have changed much but your attitude towards it has: you simply no longer care.

Leo

July 24 - Aug. 23
Get out and about. This is a great time to take the kind of break where you get away from routine matters and challenge yourself to have as much fun as is humanly possible — and that's a lot.

Virgo

Aug. 24 - Sept. 23
Need financial assistance? It's the time to ask. Loved ones will do what they can to help you out of a tricky situation but they will also want to be sure you learned your lesson.

Libra

Sept. 24 - Oct. 23
Where before there were misunderstandings, there will now be an awareness of how much certain people mean to you and why minor differences of opinion are of no importance at all.

Scorpio

Oct. 24 - Nov. 22
You need to recharge your physical, mental and emotional batteries, so don't make too many plans for the next few days. In fact, if you can find ways to pamper yourself or, go for it.

Sagittarius

Nov. 23 - Dec. 21
Don't worry if you're not feeling on top of the world because with mind planet Mercury joining the Sun in the most dynamic area of your chart it's just a matter of time before your mood improves.

Capricorn

Dec. 22 - Jan. 20
Remember the best way to get other people to agree with you is to appeal to them on an emotional level. Facts and figures are important but it's feelings that tip the balance.

Aquarius

Jan. 21 - Feb. 19
You'll find it easier to get your message across today and that's good because you have plenty to say. Your way with words will help persuade others that you know what you're talking about.

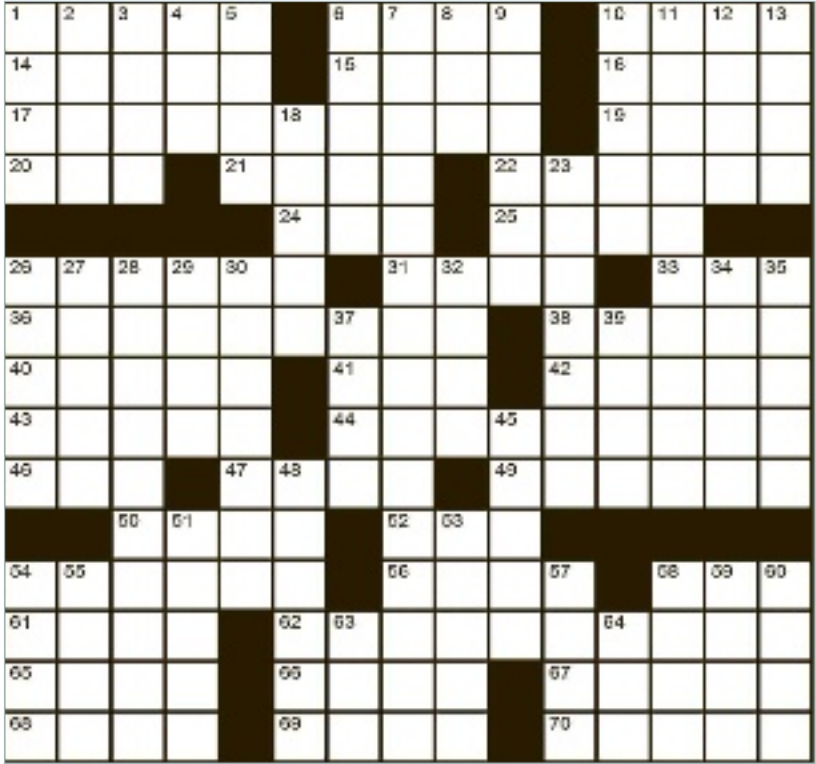
Pisces

Feb. 20 - March 20
Good news about your money situation will improve your mood. That doesn't mean you have an excuse for a spree. If you come into extra cash, pay what you owe. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- City in Quebec
- ___ is me :(
- "Dial ___ Murder" (1954)
- Valley in Ontario depicted by The Group of Seven
- "Go! Go! ...and Go!"
- Singer Mr. Blacc
- NFL.: Peridotite rocks in Gros Morne National Park
- Bereft, in poetry
- I am. You ___
- Ancient harp
- Sawvy
- Purring pet
- 2014
- Materialize
- Legal gig, ___ DA
- Caesar's 2050
- Canadian actress/comedian born in St. John's, Newfoundland: 2 wds.
- English actress Anna
- "If ___ a Carpenter"
- Ms. Hagen
- Cartoon kid on "The Cleveland Show"
- Sporty events
- BC city
- Pou ___ (Vantage point)
- Undecided
- Rented
- Alaskan city
- Volkswagen car, Jetta ___
- Metric measures



- Labels
- Shania Twain's "Any ___ of Mine"
- Shape sort
- Consecutive spouse for, say, a Hollywood executive, predictably: 2 wds.
- Kind
- Mr. Ferrigno's
- Purposes
- Catches
- French 101 verb
- The ___: "What's Fair Is Fair" band from Nova Scotia
- Scarlett's surname
- Ontario: Activity in Niagara-on-the-Lake because of the vineyards there: ___-___
- Library ref.
- Written works
- Mediterranean island
- They were owned by Canadian family
- The Ogilvies: 2 wds.
- Certain cloud
- Quebec singer Mr. Simard
- Fitness fabric
- Unconstrict: 2 wds.
- Types of rulers [var. sp.]
- Be a kitten. See a toy. Do this: ___ it.

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- Time in The New World before the Europeans
- June ___ (Famous book)
- Fantastic
- Hoax
- Type of disturbance
- Andrew Webber link (Musicals composer)
- Dylan's portrayal on "Beverly Hills, 90210"
- Uncommon, in Latin
- HMS Bounty: Captain ___
- Mortar and ___ (Kitchen duo)
- Heraldic wreaths
- Expire
- Shelley of "Cheers"
- Jazz vocalist Ms. Anderson
- Procedure, for short
- Mr. Holmes, Canadian contractor
- "___ Good Men" (1992)
- Headland
- Deteriorate
- WWI part

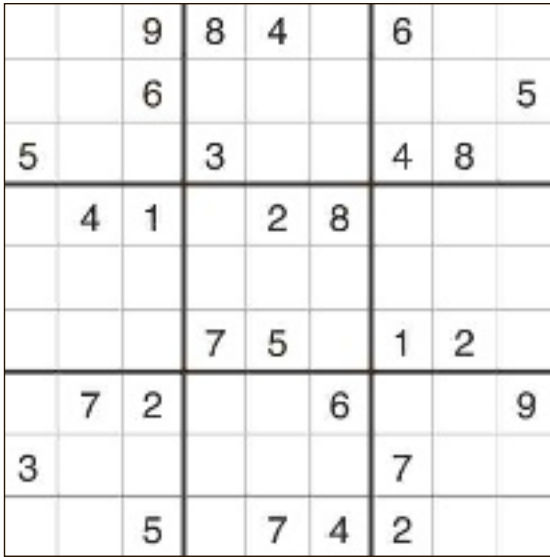
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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will be 14 days from now.
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MUSTANG 1909 BLACK

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takes any look from 0 to 60

pedal to the metal



MUSTANG 1908 LIGHT GOLD

Head out on the highway in the
epitome of vintage cool wire aviators

high octane



MUSTANG 1911 DARK BROWN TORTOISE

Tread patterns on the temple arms
shift this classic frame into 5th gear



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